

NATIONAL DAY OF PRAYER

May 3, 1990

All Americans are invited  
to turn to God in prayer  
and meditation.

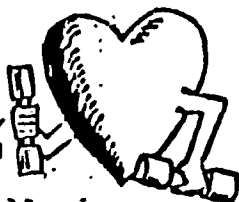
HEALTHY HEART TIP! ! !

(Furnished by Anderson County  
Health Department)

- Put Your Heart In It  
Exercise !

Deskercising? Did you know that exercising at your desk is a great way to revitalize your tired body and help you get through the day? The following example will not only help improve circulation, it will also help relax and strengthen some muscles:

- slowly rise from a sitting position without the help of your hands until you are standing erect. Sit down and repeat five to ten times.



Barnett Grove Emmanuel Holiness Church

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*The  
promise  
is for you  
and your children*

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